**Reflective Writing**

**Jot down material that stands out in your mind.** Determine why that material stands out and make another note of what you figure out.

* For lectures or readings, you can jot down specific quotations or summarize passages.
* For experiences, make a note of specific portions of your experience. You could even write a small summary or story of an event that happened during the experience that stands out. Images, sounds, or other sensory portions of your experience work, as well.

**Ask yourself questions to guide your response.** If you are struggling to gauge your own feelings or pinpoint your own response, try asking yourself questions about the experience or reading and how it relates to you. Sample questions might include:[[3]](http://www.wikihow.com/Write-a-Reflection-Paper#_note-3)

* Does the reading, lecture, or experience challenge you socially, culturally, emotionally, or theologically? If so, where and how? Why does it bother you or catch your attention?
* Has the reading, lecture, or experience changed your way of thinking? Did it conflict with beliefs you held previously, and what evidence did it provide you with in order to change your thought process on the topic?
* Does the reading, lecture, or experience leave you with any questions? Were these questions ones you had previously or ones you developed only after finishing?
* Did the author, speaker, or those involved in the experience fail to address any important issues? Could a certain fact or idea have dramatically changed the impact or conclusion of the reading, lecture, or experience?
* How do the issues or ideas brought up in this reading, lecture, or experience mesh with past experiences or readings? Do the ideas contradict or support each other?